Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Fe	HELLO brua	ry O		PRESIDENZS * * DAY **	1 9:30 Morning Exercise 10:00 Fruit Snacks 10:30 Words that starts with the letter "L" 11:30 Lunch 1:00 Relax & Chat 1:30 Weekend Bingo 2:30Downtime/Snacks 3:30 Ball Toss 4:00 Afternoon Walk 4:30 Dinner 5:00 Evening Movie
2 9:30 Morning Exercise 10:00 Fruit Snacks 10:30 Joel Osteen Service(virtual) 11:00 Hymn Singing 11:30 Lunch 1:00 Relax & Chat 1:30 Catholic Mass- EWTN (Virtual) 2:00 Afternoon Snacks 2:30 Bingo 4:00 Travelogue 4:30 Dinner 5:00 Evening Classic Movie	2 33 9:30 Morning Exercise 10:00 ♀ Scenic Drive 10:00 Fruit snacks/Weather, Date and Upcoming Events 10:30 Spelling 11:30 Lunch 1:00 Relax & Chat 1:30 Bingo 2:30 Down Time/Snacks 3:00 Pictionary/Puzzles 4:00 Afternoon Walk 4:30 Dinner 5:30 Evening Movie	<ul> <li>9:30 Morning Exercise</li> <li>10:00 Scenic Drive</li> <li>10:00 Fruit Snacks/Weather,</li> <li>Date and Upcoming Events</li> <li>10:30 U.S. states &amp; Capital</li> <li>11:00 Bible Trivia</li> <li>11:30 Lunch</li> <li>1:00 Relax &amp; Chat</li> <li>1:30 Bingo</li> <li>2:30 Down Time/Snacks</li> <li>3:00 Math Answer sheets</li> <li>4:00 Afternoon Walk</li> <li>4:30 Dinner</li> <li>5:30 Evening Movie</li> </ul>	<ul> <li>9:30 Morning Exercise</li> <li>10:00 Scenic Drive</li> <li>10:00 Fruit snacks/Weather,</li> <li>Date and Upcoming Events</li> <li>10:30 Spell it out</li> <li>11:00 70's &amp; 80's Music</li> <li>11:30 Lunch</li> <li>1:00 Relax &amp; Chat</li> <li>1:30 Bingo</li> <li>2:30 Ice Cream Social</li> <li>3:00 Pictionary/Puzzles</li> <li>4:00 Afternoon Walk</li> <li>4:30 Dinner</li> <li>5:30 Evening Movie</li> </ul>	10:00 Scenic Ride	<ul> <li>9:30 Morning Exercise</li> <li>10:00 Scenic Drive</li> <li>10:00 Fruit Snacks/Weather,</li> <li>Date and Upcoming Events</li> <li>10:30 Spell the Word</li> <li>11:00 Hymn Singing</li> <li>11:30 Lunch</li> <li>1:00 Relax &amp; Chat</li> <li>1:30 Bingo</li> <li>2:30 Friday Social</li> <li>3:00 Hand/Nails session</li> <li>4:00 Afternoon Walk</li> <li>4:30 Dinner</li> <li>5:30 Evening Movie</li> </ul>	<ul> <li>8</li> <li>9:30 Morning Exercise</li> <li>10:00 Fruit Snacks</li> <li>10:30 Words that starts</li> <li>with the letter "B"</li> <li>11:30 Lunch</li> <li>1:00 Relax &amp; Chat</li> <li>1:30 Weekend Bingo</li> <li>2:30Downtime/Snacks</li> <li>3:00 Charlie's Music</li> <li>Performance I</li> <li>4:00 Afternoon Walk</li> <li>4:30 Dinner</li> <li>5:00 Evening Movie</li> </ul>
9 9:30 Morning Exercise 10:00 Fruit Snacks 10:30 Joel Osteen Service(virtual) 11:00 Hymn Singing 11:30 Lunch 1:00 Relax & Chat 1:30 Catholic Mass- EWTN (Virtual) 2:00 Afternoon Snacks 2:30 Bingo 4:00 Travelogue 4:30 Dinner 5:00 Evening Classic Movie	10 9:30 Morning Exercise 10:00 Scenic Drive 10:00 Fruit snacks/Weather, Date and Upcoming Events 10:30 Spelling 11:00 Hymn Singing 11:30 Lunch 1:00 Relax & Chat 1:30 Bingo 2:30 Down Time/Snacks 3:00 Pictionary/Puzzles 4:00 Afternoon Walk 4:30 Dinner 5:30 Evening Movie	<ul> <li>9:30 Morning Exercise</li> <li>10:00 Scenic Drive</li> <li>10:00 Fruit Snacks/Weather,</li> <li>Date and Upcoming Events</li> <li>10:30 U.S. states &amp; Capital</li> <li>11:00 Bible Trivia</li> <li>11:30 Lunch</li> <li>1:00 Relax &amp; Chat</li> <li>1:30 Bingo</li> <li>2:30 Down Time/Snacks</li> <li>3:00 Math Answer sheets</li> <li>4:00 Afternoon Walk</li> <li>4:30 Dinner</li> <li>5:30 Evening Movie</li> </ul>	12 9:30 Morning Exercise 10:00 Scenic Drive 10:00 Fruit snacks/Weather, Date and Upcoming Events 10:30 Spell it out 11:00 70's & 80's Music 11:30 MEN'S Luncheon, Bistro 1:00 Relax & Chat 1:30 Bingo 2:30 Ice Cream Social 3:00 Pictionary/Puzzles 4:00 Afternoon Walk 4:30 Dinner 5:30 Evening Movie	<ul> <li>13</li> <li>9:30 Morning Exercise</li> <li>10:00 ♣ Scenic Ride</li> <li>10:00 Fruit Snacks/Weather,</li> <li>Date and Upcoming Events</li> <li>10:30 Arts &amp; Crafts</li> <li>11:00 Hymn Singing</li> <li>11:30 Lunch</li> <li>1:00 Relax &amp; Chat</li> <li>1:30 Bingo</li> <li>2:30 Down Time/Afternoon</li> <li>snacks</li> <li>3:30 Music Reminiscing</li> <li>w/Lalo ↓</li> <li>4:30 Dinner</li> <li>5:30 Evening Movie</li> </ul>	<ul> <li>9:30 Morning Exercise</li> <li>10:00      Scenic Drive</li> <li>10:00 Fruit</li> <li>Snacks/Weather, Date and</li> <li>Upcoming Events</li> <li>10:30 Spell the Word</li> <li>11:30 Lunch</li> <li>1:00 Relax &amp; Chat</li> <li>1:30 Bingo</li> <li>2:00 Valentine's Day</li> <li>Social, GP</li> <li>4:00 Afternoon Walk</li> <li>4:30 Dinner</li> <li>5:30 Evening Movie</li> </ul>	

The Gardens at Fair Oaks Assisted Living 4310 Forest Hill Dr Fairfax, Va. 22030 (703) 278-1001 ext. 2238

Activities are all subject to change.

16	17	18	19	20	21	22
9:30 Morning Exercise 10:00 Fruit Snacks 10:30 Joel Osteen Service(virtual) 11:00 Hymn Singing 11:30 Lunch 1:00 Relax & Chat 1:30 Catholic Mass- EWTN (Virtual) 2:00 Afternoon Snacks 3:30 Bingo 4:00 Travelogue 4:30 Dinner 5:00 Evening Classic Movie	<ul> <li>9:30 Morning Exercise</li> <li>10:00      General Scenic Drive</li> <li>10:00 Fruit snacks/Weather,</li> <li>Date and Upcoming Events</li> <li>10:30 Spelling</li> <li>11:30 Spelling</li> <li>11:30 Patriotic Sing a Long</li> <li>11:30 Lunch</li> <li>1:30 Bingo</li> <li>2:30 Down Time/Snacks</li> <li>3:00 Pictionary/Puzzles</li> <li>4:00 Afternoon Walk</li> <li>4:30 Dinner</li> <li>5:30 Evening Movie</li> </ul>	9:30 Morning Exercise 10:00 Scenic Drive 10:00 Fruit Snacks 10:30 Piano w/Doug & Pets on Wheels w/Gracie, FR 11:00 Bible Trivia 11:30 Lunch 1:00 Relax & Chat 1:30 Bingo 2:30 Down Time/Snacks 3:00 Math Answer sheets 4:00 Afternoon Walk 4:30 Dinner 5:30 Evening Movie	9:30 Morning Exercise 10:00 ∰ Scenic Drive 10:00 Fruit snacks/Weather, Date and Upcoming Events 10:30 Spell it out 11:00 70's & 80's Music 11:30 Lunch 1:00 Relax & Chat 1:30 Bingo 2:30 Ice Cream Social 3:00 Pictionary/Puzzles 4:00 Afternoon Walk 4:30 Dinner 5:30 Evening Movie	<ul> <li>9:30 Morning Exercise</li> <li>10:00 Scenic Ride</li> <li>10:00 Fruit Snacks/Weather,</li> <li>Date and Upcoming Events</li> <li>10:30 Catholic Mass by St.</li> <li>Leo the Great Catholic</li> <li>Church, GP</li> <li>1:00 Relax &amp; Chat</li> <li>1:30 Bingo</li> <li>2:30 Down Time/Afternoon</li> <li>snacks</li> <li>3:00 Random Trivia</li> <li>4:00 Afternoon Walk</li> <li>4:30 Dinner</li> <li>5:30 Evening Movie</li> </ul>	<ul> <li>9:30 Morning Exercise</li> <li>10:00      Scenic Drive</li> <li>10:00 Fruit Snacks/Weather,</li> <li>Date and Upcoming Events</li> <li>10:30 Spell the Word</li> <li>11:00 Hymn Singing</li> <li>11:30 Lunch</li> <li>1:00 Relax &amp; Chat</li> <li>1:30 Bingo</li> <li>2:30 Friday Social</li> <li>3:00 Hand/Nails session</li> <li>4:00 Afternoon Walk</li> <li>4:30 Dinner</li> <li>5:30 Evening Movie</li> </ul>	9:30 Morning Exercise 10:00 Fruit Snacks 10:30 Words that starts with the letter "M" 11:30 Lunch 1:00 Relax & Chat 1:30 Weekend Bingo 2:30Downtime/Snacks 3:30 Ball Toss 4:00 Afternoon Walk 4:30 Dinner 5:00 Evening Movie
10:00 Fruit Snacks 10:30 Joel Osteen Service(virtual) 11:00 Hymn Singing 11:30 Lunch 1:00 Relax & Chat 1:30 Catholic Mass- EWTN (Virtual) 2:00 Afternoon Snacks 2:30 Bingo 4:00 Travelogue 4:30 Dinner 5:00 Evening Classic Movie	24 9:30 Morning Exercise 10:00   Scenic Drive 10:00 Fruit snacks/Weather, Date and Upcoming Events 10:30 Spelling 11:30 Lunch 1:00 Relax & Chat 1:30 Bingo 2:30   Charlie Brown w/The Tumbleweeds Music performance, FR 3:00 Pictionary/Puzzles 4:00 Afternoon Walk 4:30 Dinner 5:30 Evening Movie	9:30 Morning Exercise 10:00	26 9:30 Morning Exercise 10:00 Scenic Drive 10:00 Fruit snacks/Weather, Date and Upcoming Events 10:30 Spell it out 11:00 70's & 80's Music 11:30 Lunch 1:00 Relax & Chat 1:30 Bingo 2:30 Ice Cream Social 3:00 Pictionary/Puzzles 4:00 Afternoon Walk 4:30 Dinner 5:30 Evening Movie	<ul> <li>9:30 Morning Exercise</li> <li>10:00 Scenic Ride</li> <li>10:00 Fruit Snacks/Weather,</li> <li>Date and Upcoming Events</li> <li>10:30 Arts &amp; Crafts</li> <li>11:00 Hymn Singing</li> <li>11:30 Lunch</li> <li>1:00 Relax &amp; Chat</li> <li>1:30 Bingo</li> <li>2:30 Down Time/Afternoon</li> <li>snacks</li> <li>3:00 Random Trivia</li> <li>4:00 Afternoon Walk</li> <li>4:30 Dinner</li> <li>5:30 Evening Movie</li> </ul>	<ul> <li>7 28</li> <li>9:30 Morning Exercise</li> <li>10:00 ♣ Scenic Drive</li> <li>10:00 Fruit Snacks/Weather, Date and Upcoming Events</li> <li>10:30 JOn Keyboards</li> <li>w/Ron Howard, FR</li> <li>11:30 Lunch</li> <li>1:00 Relax &amp; Chat</li> <li>1:30 Bingo</li> <li>2:30 Monthly Birthday Social</li> <li>3:00 Hand/Nails session</li> <li>4:00 Afternoon Walk</li> <li>4:30 Dinner</li> <li>5:30 Evening Movie</li> </ul>	Happy Valentines Valentines
Location Key AF - All Floors CR - Card Room FP - Front Porch FR - Family Room GP - Gathering Place GB - Greenbriar MIL –Meet in Lobby OP - Outside Patio PDR - Private Dining Room GZ- Gazebo Bistro – Bistro SIA- Sign in Advance	Any additions or changes to the calendar will be posted on the daily schedule. Each activity runs for a minimum of 30 minutes. *Catholic Mass is held every 3 <sup>rd</sup> Thursday of the month at 10:30 am in the GP area.	Calendar Icons Calendar Icons Outing Musical Program Spiritual Program Outdoor Activity *If you wish to attend a bus ride or outing, please see an activity team member. Some outings have limited seating. (if the weather permits)	RIACK	Ramadan K A R E E M	CROUNDHOG DAY	HAPPY CHINESE NEW YEAR DE COES VEAR OF THE SNAKE

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